

# Banana Muffins

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh bananas, peeled	8 oz		1 lb		<div>1. Using the paddle attachment, mash bananas for 2 minutes on low speed, until no large chunks remain. Remove the bananas from bowl and set aside.</div> <div>2. Combine flour, dry milk, baking powder, sugar, and salt in the mixing bowl. Mix for 1 minute on low speed. Add bananas to dry ingredients. Mix for 30 seconds on low speed.</div> <div>3. In a separate bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15-20 seconds, until all of the dry ingredients are moistened.</div>
Whole wheat/enriched blend flour	15 oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups	
Instant non-fat dry milk		1/3 cup		2/3 cup	
baking powder		2 Tbsp		1/4 cup	
Sugar	8 oz	1 cup	1 lb	2 cups	
Frozen egg whites, thawed	4 oz	1/2 cup	8 oz	1 cup	
OR		OR		OR	
Fresh large egg whites		3 each		6 each	

Vanilla	2 tsp	1 Tbsp 1 tsp	
Vegetable oil	1/4 cup 2 Tbsp	3/4 cup	<p><b>4.</b> Slowly add oil and mix for about 30 seconds on low speed. Do not over mix. The batter will be lumpy</p> <p><b>5.</b> Using a No. 20 scoop (3 ? Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.</p> <p><b>6.</b> Bake until lightly browned: Conventional oven: 425° F for 10-12 minutes Convection oven: 350° F for 10-12 minutes</p> <p><b>7.</b> Portion is 1 muffin.</p> <p><b>8.</b> No CCP necessary.</p>

#### Notes

\* See Marketing Guide

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Bananas	13 oz	1 lb 10 oz

Serving	Yield	Volume
1 muffin provides the equivalent of 1 slice bread.	<b>25 Servings:</b> 2 lb 13 oz  <b>50 Servings:</b> 5 lb 10 oz	<b>25 Servings:</b> 25 muffins 1 quart 1 ¼ cups (batter)  <b>50 Servings:</b> 50 muffins 2 quarts 2 ½ cups (batter)

Nutrients Per Serving					
Calories	141	Saturated Fat	1 g	Calcium	96 mg
Protein	3 g	Cholesterol		Sodium	194 mg
Carbohydrate	25 g	Vitamin A	29	Dietary Fiber	1 g
Total Fat	3 g		unknown		
		Iron	1 mg		